

NUTRITION RESOURCES

Child Nutrition Programs

This list contains online resources for implementing the U.S. Department of Agriculture's Child Nutrition Programs. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to food and nutrition, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

Contents

Afterschool Snack Program	2
Child and Adult Care Food Program (CACFP) – Adults	3
Child and Adult Care Food Program (CACFP) – Child Care	4
Financial Management	7
Food Distribution Program (Commodity Foods)	8
Food Service Qualifications	9
Food Service Training	10
Fresh Fruit and Vegetable Program (FFVP)	11
National School Lunch Program (NSLP)	12
Resources for Child Nutrition Programs	14
School Breakfast Program (SBP)	16
Special Milk Program (SMP)	18
Summer Food Service Program (SFSP)	19



For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Lery Gillespie, Equal Employment Opportunity Director/ Americans with Disabilities Act Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2101, Lery.Gillespie@ct.gov.

Afterschool Snack Program

Afterschool Care Program NSLP Snack Service Best Practices. National Food Service Management Institute, 2006. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=123>

Afterschool & Health: Opportunities for Advocacy. Afterschool Alliance.
<http://www.afterschoolalliance.org/policyActiveHoursObesity.cfm>

Afterschool Nutrition Programs. Food Research & Action Council. Information, resources and sample menus for afterschool meals.
<http://frac.org/federal-foodnutrition-programs/afterschool-programs/>

Afterschool Snack Program. Connecticut State Department of Education. State site for information and resources for schools and institutions participating in the Afterschool Snack Program. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320648>

Afterschool Snacks. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Afterschool/default.htm>

Afterschool Snacking Toolkit. School Nutrition Association.
http://www.schoolnutrition.org/Level2_AfterSchoolSnack.aspx?id=13952

Afterschool Snacks Cycle Menus. U.S. Department of Agriculture. http://www.fns.usda.gov/cnd/care/Regs-Policy/Snacks/Cycle_Menu.htm

After-School Snacks Fact Sheet. U.S. Department of Agriculture, 2009. <http://www.fns.usda.gov/cnd/Afterschool/factsheet.htm>

◀ [Return to Contents](#) ▶

Child and Adult Care Food Program (CACFP) – Adults

- Adult Day Care Centers.* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/care/AdultCare.htm>
- Adult Day Care Fact Sheet for the USDA Child and Adult Care Food Program, Number 1: CACFP Meal Pattern for Adults.* National Food Service Management Institute, 2006. <http://www.nfsmi.org/documentlibraryfiles/PDF/20071128040359.pdf>
- Adult Day Care Fact Sheet for the USDA Child and Adult Care Food Program, Number 2: Nutritional Needs of Adult Day Care Participants.* National Food Service Management Institute, 2006. <http://www.nfsmi.org/documentlibraryfiles/PDF/20071128040535.pdf>
- Adult Day Care Fact Sheet for the USDA Child and Adult Care Food Program, Number 3: Feeding Techniques for Adult Day Care Participants.* National Food Service Management Institute, 2006. <http://www.nfsmi.org/documentlibraryfiles/PDF/20071128040648.pdf>
- Adult Day Care Resource Manual for the USDA Child and Adult Care Food Program.* U.S. Department of Agriculture, 2005. Useful tool for planning nutritious meals and snacks for adults in the Child and Adult Care Food Program. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=37>
- CACFP for Adult Day Care Centers.* Connecticut State Department of Education. State site for information and resources for adult day care centers participating in the CACFP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321572>
- CACFP Meal Patterns.* U.S. Department of Agriculture. http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm
- Child and Adult Care Food Program.* Connecticut State Department of Education. State site for information and resources for child care and adult centers and family day care homes participating in the CACFP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576>
- Child and Adult Care Food Program.* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/care/>
- Child and Adult Care Food Program Regulations (7CFR 226).* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/care/Regs-Policy/Regulations.htm>
- Child and Adult Care Food Program Resources.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library/child-nutrition-program-resources/child-and-adult-care-food-program>
- Connecticut CACFP Operational Memoranda.* Connecticut State Department of Education. Information and resources related to the operation of the CACFP in Connecticut. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333794>
- Crediting Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, 2013. <http://www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program>
- Facts about the Adult Component of CACFP.* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/care/regs-policy/adultcare/Adultfaqs.htm>
- Nutrition Policies and Guidance for the Child and Adult Care Food Program – Adult Centers.* Connecticut State Department of Education, 2010. Five guides to assist adult day care centers with planning meals to meet the requirements of the Child and Adult Care Food Program (CACFP). The guides include comprehensive information on a variety of menu planning topics, including CACFP meal pattern requirements, avoiding common menu problems, nutrition guidance and accommodating participants with special dietary needs. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694>
- Program Guidance for CACFP Adult Centers.* Connecticut State Department of Education. Links to information and resources on federal and state requirements and guidance for CACFP adult day care centers.
- USDA Policy Memoranda for the CACFP.* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Care/Regs-Policy/PolicyMemoranda.htm>

◀ [Return to Contents](#) ▶

Child and Adult Care Food Program (CACFP) – Child Care

- Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy.* The Nemours Foundation, 2008. Provides information on healthy food guidelines for beverages, fruits and vegetables, milk, meats and meat alternates and grains and breads; portion sizes that are based on the CACFP reimbursable meal guidelines; rationale to explain the recommendations; and sample policies. <http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf>
- Building Blocks for Fun and Healthy Meals, A Menu Planner for the Child and Adult Care Food Program.* U.S. Department of Agriculture, 2000. Contains information on the CACFP meal requirements, advice on how to serve high quality meals and snacks, menu planning, nutrition education ideas and tips, the Dietary Guidelines for Americans, the USDA Food Guide Pyramid, food safety facts, sample menus and more. Note: *Choose MyPlate* replaces the *Food Guide Pyramid*. <http://www.fns.usda.gov/tn/Resources/buildingblocks.html>
- CACFP for Child Care Centers.* Connecticut State Department of Education. State site for information and resources for child care centers participating in the CACFP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321580>
- CACFP for Family Day Care Homes.* Connecticut State Department of Education. State site for information and resources for family day care homes participating in the CACFP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321584>
- CACFP Healthy Menu Planning Guide.* Idaho State Department of Education, 2010. <http://healthymeals.nal.usda.gov/hsmrs/Idaho/CACFP%20Menu%20Planning%20Guide.pdf>
- CACFP Meal Patterns.* U.S. Department of Agriculture. http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm
- CACFP Training Resource Checklist.* National Food Service Management Institute, 2003. Two-page voluntary training resource checklist was designed to assist CACFP professionals in making an informed decision regarding the appropriateness of a training resource for use in CACFP. <http://www.nfsmi.org/documentlibraryfiles/PDF/20080220044949.pdf>
- CARE Connection.* National Food Service Management Institute, 2009. Short grab-and-go lessons on best practices in the operation of CACFP child care centers and family day care homes that can be delivered in 10 minutes or less. The kit includes lesson plans, family materials, fun activities to do with the children for nutrition education and links to NFSMI's resources developed specifically for child care providers. Topics addressed include Child Care Fact Sheets; Introduction to CACFP; Menu Templates; Nutrition Needs of Young Children; Meal Patterns for CACFP; Menu Planning and Food Purchasing for Child Care; Food Preparation; Food Safety; Happy Mealtimes for Child Care; Nutrition Education; Business Practices for Child Care; and Video Lessons. <http://www.nfsmi.org/ResourceOverview.aspx?ID=199>
- Calculation Tables for CN Labels and Manufacturer's Analysis Sheets.* Florida Department of Education. An on-line calculator to assist child care staff in determining appropriate CACFP serving size and CACFP meal pattern contribution for frozen or canned convenience foods. <http://www.doh.state.fl.us/ccfp/Nutrition/Children/calculator.htm>
- Child and Adult Care Food Program.* Connecticut State Department of Education. State site for information and resources for child care and adult centers and family day care homes participating in the CACFP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576>
- Child and Adult Care Food Program.* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/care/>
- Child and Adult Care Food Program Regulations (7CFR 226).* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/care/Regs-Policy/Regulations.htm>
- Child and Adult Care Food Program Resources.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library/child-nutrition-program-resources/child-and-adult-care-food-program>
- Child Care Fact Sheets.* National Food Service Management Institute. Nutrition and food service fact sheets for family day care homes and child care centers. <http://www.nfsmi.org/ResourceOverview.aspx?ID=268>
- Child Care Providers Healthy Resource System.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library/general-information/child-care-providers>
- Child Care Recipes, Food for Health and Fun.* U.S. Department of Agriculture, 1999. Access all 141 recipes (plus variations) in these standardized recipes for the Child and Adult Care Food Program. http://www.fns.usda.gov/tn/Resources/childcare_recipes.html
- Connecticut CACFP Operational Memoranda.* Connecticut State Department of Education. Information and resources related to the operation of the CACFP in Connecticut. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333794>
- Crediting Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, 2013. <http://www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program>

Child and Adult Care Food Program (CACFP) – Child Care

- Feeding Young Children in Group Settings.* University of Idaho. <http://www.ag.uidaho.edu/feeding/>
- First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care.* Delaware Department of Education, January 2011. This toolkit is a practical, “how-to” guide created to help child care providers follow Delaware CACFP/Delaware child care licensing nutrition and physical activity rules. The toolkit consists of two books, an Administrator’s Guide and Menu Planning Guide and a handout, the Shopping Cheat Sheet. <http://healthymeals.nal.usda.gov/state-resources/first-years-first-state-toolkit-improving-nutrition-and-physical-activity-quality>
- Florida Child Care Food Program Cookbook.* Florida Department of Health Bureau of Child Nutrition Programs, 2007. A compilation of standardized recipes from CACFP child care providers that include nutrition information and CACFP contribution. <http://www.doh.state.fl.us/CCFP/Nutrition/Children/cookbook.htm>
- From the Trainer’s Tablet. Lessons for Family/Home Child Care Providers,* National Food Service Management Institute, Spring 2003. Lesson plans developed for child care providers to train staff on providing nutritious meals for young children. Topics include. Cost-Effective Shopping; Family Style Meals; Food Intolerance & Allergies; Food Safety in Child Care; Food Safety at the Grocery Store; Grains & Breads – What is a Serving?; Infants – Understanding the Feeding Relationship; and Infants – Understanding Growth and Development. Each lesson includes a purpose, objective, timed outline, PowerPoint slides that may be printed as transparencies, activities, handouts, pretest and posttest. <http://www.nfsmi.org/ResourceOverview.aspx?ID=79>
- Making It Balance and Kickin It Up: A Cycle Menu for Montana Child Care.* Montana Office of Public Instruction September 2005. The menus (5 weeks of breakfast, lunch and one snack), with accompanying recipes and resources, are provided to assist childcare providers in serving healthy meals which are cost effective, easy to prepare and appealing to children. <http://healthymeals.nal.usda.gov/state-resources/making-it-balance-and-kickin-it-cycle-menu-montana-child-care>
- Making Nutrition Count for Children: Nutrition Guidance for Child Care Homes.* U.S. Department of Agriculture, 2003. This booklet provides basic information on how children grow and develop, the nutrients they need for healthy growth and development, how to help children learn about food and eating and information on the Food Guide Pyramid and the Dietary Guidelines for Americans. It contains a set of activities for children, including a tear-out matching game with a storage pocket in the back of the booklet. Note: *Choose MyPlate* replaces the *Food Guide Pyramid*. <http://www.fns.usda.gov/tn/Resources/nutritioncount.html>
- Menu Magic for Children.* U.S. Department of Agriculture, 2003. Provides information on the Child and Adult Care Food Program (CACFP) Meal Pattern requirements, serving quality meals and snacks and tips on menu planning and grocery shopping. <http://teamnutrition.usda.gov/Resources/menumagic.html>
- Menu Planning Makes the Difference.* Mealtime Memo for Child Care, National Food Service Management Institute, 2003. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080611083801.pdf>
- Menus for Child Care 1.* National Food Service Management Institute, 2008. Eight complete weekly menus meeting CACFP Meal Pattern requirements. <http://nfsmi-web01.nfsmi.olemiss.edu/DocumentDownload.aspx?id=1425>
- Menus for Child Care 2.* National Food Service Management Institute, 2009. Four sets of four-week cycle menus for child care. <http://nfsmi-web01.nfsmi.olemiss.edu/DocumentDownload.aspx?id=1767>
- Nutrition and Menu Planning for Children in the Child Care Food Program.* Florida Department of Health, 2009. <http://www.doh.state.fl.us/ccfp/Nutrition/Children/childnutrmenuplanning.pdf>
- Nutrition & Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012. Tips sheet for planning meals and activities for children ages 2 to 6 years that address fruits, vegetables, dry beans and peas, meat and meat alternates, whole grains, milk and other dairy, sodium, fat and oils, added sugars, water, food safety, providing opportunities for active play, encouraging active play, written policies and practices that promote active play and the importance of limiting screen time. <http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html>
- Nutrition Policies and Guidance for the Child and Adult Care Food Program – Child Care Centers and Homes.* Connecticut State Department of Education, 2010. Six guides to assist child care centers, family day care homes, emergency shelters and at-risk afterschool care centers with planning meals to meet the requirements of the Child and Adult Care Food Program (CACFP). The guides include comprehensive information on a variety of menu planning topics, including CACFP meal pattern requirements, avoiding common menu problems, nutrition guidance, feeding infants and accommodating children with special dietary needs. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326>
- Program Guidance for CACFP Child Care.* Connecticut State Department of Education. Links to information and resources on federal and state requirements and guidance for CACFP centers and family day care homes. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333814>

Child and Adult Care Food Program (CACFP) – Child Care

Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes. Connecticut State Department of Public Health, Division of Community Based Regulation, Child Day Care Licensing Program.

http://www.ct.gov/dph/cwp/view.asp?a=3141&q=387176&dphNav_GID=1823&dphNav=|

Statutes and Regulations for Licensing Family Day Care Homes. Connecticut State Department of Public Health, Division of Community Based Regulation, Child Day Care Licensing Program.

http://www.ct.gov/dph/cwp/view.asp?a=3141&q=387176&dphNav_GID=1823&dphNav=|

5 A Day the Preschool Way. North Carolina Division of Public Health, 2004. Module with tools to assist in improving the child care center nutrition environment, including circle time and classroom activities, coloring sheets, parent handouts, kid-friendly recipes and other resources. Some of the activities explore or introduce the concepts of counting or color matching using fruits and vegetables. http://healthymeals.nal.usda.gov/hsmrs/5_a_Day_Preschool/CD%20-%20Introduction%20to%205%20A%20Day%20the%20Preschool%20Way%20Module%20.pdf

USDA Policy Memoranda for the CACFP. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Care/Regs-Policy/PolicyMemoranda.htm>

Using Cycle Menus to Control Food Costs. Mealtime Memo for Child Care, No. 3, National Food Service Management Institute, 2009. <http://nfsmi-web01.nfsmi.olemiss.edu/DocumentDownload.aspx?id=1922>

What's Cookin' II. Nebraska Department of Education, 2001. Includes 171 recipes, each with a suggested menu, that have been child-tested and checked for nutrition quality, CACFP creditability, ease of preparation and cost. Also includes cooking tips, helpful hints and four weeks of sample menus with nutrient analysis are included.

<http://www.education.ne.gov/NS/CACFP/cookin.html>

◀ [Return to Contents](#) ▶

Financial Management

Elements of Effective Financial Management (Satellite Teleconference). National Food Service Management Institute, 2002. <http://www.nfsmi.org/ResourceOverview.aspx?ID=60>

Food Purchasing for Child Care Centers. National Food Service Management Institute, 2005. <http://www.nfsmi.org/ResourceOverview.aspx?ID=70>

Financial Management: A Course for School Food Service Directors. National Food Service Management Institute, 2011. <http://www.nfsmi.org/ResourceOverview.aspx?ID=63>

Financial Management Issues and Practices in School Nutrition Programs, An Annotated Bibliography. National Food Service Management Institute, 2004. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080221032733.pdf>

First Choice. A Purchasing Systems Manual for School Food Service, 2nd Edition. National Food Service Management Institute, 2002. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=64>

Inventory Management and Tracking Reference Guide. National Food Service Management Institute, 2012. <http://www.nfsmi.org/ResourceOverview.aspx?ID=431>

Keys to Excellence in School Food and Nutrition Programs. School Nutrition Association. A free online tool that offers an easy-to-use management and evaluation program that helps food service directors assess their school nutrition programs. Financial management standards are found in the Administration section. <http://www.schoolnutrition.org/Content.aspx?id=2406>

NFSMI Financial Management Information System. National Food Service Management Institute, 2005. Standard method of data collection and financial analyses developed to help school food-service administrators evaluate financial management decisions. This standard method includes procedures for consistently recording financial data, recommendations for generating standard financial reports and guidelines for interpreting the outcomes of financial decisions. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080225023009.pdf>

Quality Financial Decision Making. Insight, National Food Service Management Institute, 2002. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080313033619.pdf>

◀ [Return to Contents](#) ▶

Food Distribution Program (Commodity Foods)

Best if Used By Guidance for Commodity Foods. U.S. Department of Agriculture. Provides guidance and tips on how to maintain USDA commodities to ensure that quality products are being served.

<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>

Commodity Food Fact Sheets for Schools & Institutions. U.S. Department of Agriculture.

<http://www.fns.usda.gov/fdd/schfacts/default.htm>

Food Distribution Food Safety. U.S. Department of Agriculture Food Distribution Program. Provides food safety and product recall information to State Distributing Agencies participating USDA's Food Distribution Programs.

http://www.fns.usda.gov/fdd/fd_foodsafety.htm

Food Distribution Program. Information on USDA's commodity foods. <http://www.fns.usda.gov/fdd/>

Connecticut Food Distribution Program. State Department of Administrative Service. <http://www.das.state.ct.us/FedFood/>

USDA Food (Commodity Resources). Healthy Meals Resource System, U.S. Department of Agriculture.

<http://healthymeals.nal.usda.gov/menu-planning/usda-food-commodity-resources>

USDA Foods Toolkit. U.S. Department of Agriculture. A collection of valuable resources to assist school nutrition professionals and educate students, school staff and the community about the healthy and nutritious contributions that USDA foods provide to school meal programs. <http://www.fns.usda.gov/fdd/foods/healthy/ToolKit.htm>

◀ [Return to Contents](#) ▶

Food Service Qualifications

- Competencies, Knowledge, and Skill Statements for District School Nutrition Directors/Supervisors.* National Food Service Management Institute, December 2001. Updated research report includes a detailed list of competency, knowledge and skill statements describing fourteen functional areas of responsibility for school food service directors or supervisors. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080221021404.pdf>
- Competencies, Knowledge, and Skills of Effective School Nutrition Assistants/Technicians.* National Food Service Management Institute, 2006. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080221022122.pdf>
- Competencies, Knowledge, and Skills of Effective School Nutrition Managers.* National Food Service Management Institute, Revised 2003. Updated research report includes a detailed list of competency, knowledge and skill statements and a job description for school nutrition managers. http://www.olemiss.edu/depts/nfsmi/Information/competencies_managers_rev03.pdf
- Competencies, Knowledge, and Skills of Effective School Nutrition Assistants and Technicians.* National Food Service Management Institute, 2006. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080716085837.pdf>
- HR-Guide.* Human Resources. Contains hundreds of pages of information related to Human Resources, including interview questions. <http://www.hr-guide.com/>
- Job Functions and Tasks of School Nutrition Managers and District Directors/Supervisors.* National Food Service Management Institute, Insight No. 2, March 1995. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080313122920.pdf>
- Job Functions/Duties, Competencies, Knowledge, and Skills of Sponsor Monitors Participating in the Child and Adult Care Food Program.* National Food Service Management Institute, January 2002. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080221044124.pdf>
- Keys to Excellence in School Food and Nutrition Programs.* A free, online tool that offers an easy-to-use management and evaluation program that helps foodservice directors assess their school nutrition programs. The Keys automatically tabulates results from 60 assessment criteria and provides ideas to help promote excellence in food service throughout the school community. <http://www.schoolnutrition.org/Content.aspx?id=2406>
- Revised Competencies, Knowledge, and Skill Statements for School Nutrition Managers.* National Food Service Management Institute, Insight No. 25, Spring 2004. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080313041603.pdf>
- Sample Job Description Template for District School Nutrition Directors/Supervisors.* National Food Service Management Institute, 2004. Research-based job description template, including the general function and scope of responsibilities as described in the 14 functional areas for the District School Nutrition Director/Supervisor position. <http://www.nfsmi.org/documentLibraryFiles/PDF/20080221043346.pdf>
- School Nutrition Association National Certification Program.* <http://www.schoolnutrition.org/Content.aspx?id=126>
- School Nutrition Association National Credentialing Program.* <http://www.schoolnutrition.org/Content.aspx?id=132>

◀ [Return to Contents](#) ▶

Food Service Training

- Conference Calendar.* Healthy Meals Resource System, U.S. Department of Agriculture. Links to conferences from a variety of organizations on topics related to nutrition and Child Nutrition Programs. <http://healthymeals.nal.usda.gov/professional-career-resources/conference-calendar>
- Education and Training Materials Database.* Healthy Meals Resource System, U.S. Department of Agriculture. A compilation of educational materials developed by universities, private industry and local, State and Federal government agencies for school personnel and others working in Child Nutrition Programs. http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Search.php
- National Food Service Management Institute Resource Center.* Comprehensive resource catalog of training materials for personnel working with Child Nutrition Programs. <http://www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTI>
- NFSMI's Online Course System.* National Food Service Management Institute. Continuing education courses to support the professional development and training of child nutrition program personnel at all levels of responsibility. <http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTM>
- Nutrition 101: A Taste of Food and Fitness, 2nd Edition.* National Food Service Management Institute, 2012. Basic training on nutrition that includes an instructor's manual, a participant's workbook and PowerPoint presentations. Also available as an online course. <http://www.nfsmi.org/ResourceOverview.aspx?ID=90>
- Resource List for School Food Service Professionals.* Food and Nutrition Information Center, April 2011. <http://www.nal.usda.gov/fnic/pubs/foodservice.pdf>
- School Nutrition Association Professional Development Programs.* School Nutrition Association. <http://www.schoolnutrition.org/Content.aspx?id=10748>
- School Nutrition University.* School Nutrition Association. Provides training and education to professionals working in all levels of the school nutrition and foodservice industry. <http://www.snuniversity.org/>
- Webinar Wednesdays.* School Nutrition Association. Address common foodservice and nutrition issues in schools. <http://www.schoolnutrition.org/Content.aspx?id=10256>
- Webinars.* Healthy Meals Resource System, U.S. Department of Agriculture. Links to webinars from a variety of organizations on topics related to nutrition and Child Nutrition Programs. <http://healthymeals.nal.usda.gov/professional-career-resources/conference-calendar/webinars>

◀ [Return to Contents](#) ▶

Fresh Fruit and Vegetable Program (FFVP)

Fresh Fruit and Vegetable Program. Connecticut State Department of Education. State site for information and resources for schools and institutions participating in the FFVP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322546>

Fresh Fruit and Vegetable Program. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/FFVP/default.htm>

Fresh Fruit & Vegetable Program: A Handbook for Schools. U.S. Department of Agriculture, December 2010. <http://www.fns.usda.gov/cnd/FFVP/handbook.pdf>

Fresh Fruit and Vegetable Program Toolkit. U.S. Department of Agriculture <http://www.fns.usda.gov/cnd/FFVP/toolkit.htm>

◀ [Return to Contents](#) ▶

National School Lunch Program (NSLP)

Best Practices Sharing Center. Healthy Meals Resource System, U.S. Department of Agriculture. Resources and tools to help schools serve healthy menus that meet school meal regulations. <http://healthymeals.nal.usda.gov/best-practices>

Connecticut NSLP Operational Memoranda. Connecticut State Department of Education. Information and resources related to the operation of the USDA school nutrition program in Connecticut. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322550>

Foods of Minimal Nutritional Value (Appendix B of 7 CFR Part 210 National School Lunch Program Regulations). U.S. Department of Agriculture, January 16, 2001. <http://www.fns.usda.gov/cnd/menu/fmnv.htm>

Healthy, Hunger-Free Kids Act of 2010 (HHFKA). U.S. Department of Agriculture. Legislation that authorizes funding and sets policy for the USDA's child nutrition programs. http://www.fns.usda.gov/cnd/governance/legislation/CNR_2010.htm

HealthierUS School Challenge (HUSSC) Application Kit. U.S. Department of Agriculture. The HUSSC recognizes schools that are creating healthier school environments through their promotion of good nutrition and physical activity. Four levels of superior performance are awarded: Bronze, Silver, Gold and Gold of Distinction. This kit guides schools through the application process and shares many great resources to help schools meet the HUSSC criteria. <http://teamnutrition.usda.gov/healthierUS/application.html>

HealthierUS School Challenge Resources. Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources-1>

Menu Planning. Connecticut State Department of Education. Resources to assist school nutrition programs with planning and promoting healthy school meals. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780>

National School Lunch Program. Connecticut State Department of Education. State site for information and resources for schools and institutions participating in the NSLP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320678>

National School Lunch Program. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Lunch/default.htm>

National School Lunch Program Regulations. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Governance/regulations.htm>

National School Lunch Week. Resources to help schools promote National School Lunch Week. <http://www.asfsa.org/nslw/>

Nutrient Analysis Protocols. How to Analyze Menus for USDA's School Meals Programs. U.S. Department of Agriculture, April 2007. Establishes procedures for conducting an accurate nutrient analysis. Developed for school food authorities conducting their own nutrient analysis and for state agencies conducting SMI reviews. <http://www.fns.usda.gov/tn/Resources/nutrientanalysis.html>

Nutrition Standards for School Meals. Healthy Meals Resource System, U.S. Department of Agriculture. Links to regulations, supporting documents and technical assistance materials on the USDA's new meal requirements. <http://healthymeals.nal.usda.gov/menu-planning/nutrition-standards-school-meals>

Nutrition Standards for School Meals. U.S. Department of Agriculture. Information and resources on the new nutrition standards for school meals under the HHFKA. <http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>

Policy Memos for the National School Lunch Program. U.S. Department of Agriculture. <http://www.fns.usda.gov/nslp/policy>

Road to SMI Success: A Guide for School Foodservice Directors. U.S. Department of Agriculture, 2006. Provides guidance to school foodservice personnel on successfully implementing USDA's School Meals Initiative for Healthy Children (SMI) within the scope of daily practices, e.g., menu planning options, daily foodservice practices, tips to meet nutritional requirements for school meals, Team Nutrition and preparing for an SMI review. <http://teamnutrition.usda.gov/Resources/roadtosuccess.html>

Resource List for School Food Service Professionals. Food and Nutrition Information Center, April 2011. Topics include facility design and equipment; food allergies; food safety; management; purchasing; and meal planning and preparation. <http://www.nal.usda.gov/fnic/service/mealplanning.pdf>

Resources for School Nutrition Programs. Connecticut State Department of Education. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333786>

The School Day Just Got Healthier. U.S. Department of Agriculture. Resources on the changes to school meals including brochures, fact sheets, FAQs, fliers, school lessons, templates and more. <http://www.fns.usda.gov/cnd/healthierschoolday/default.htm>

The School Day Just Got Healthier. U.S. Department of Agriculture, DG TipSheet No. 21, August 2012.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet21SchoolDayJustGotHealthier.pdf>

Tuesday Tidbits. Connecticut State Department of Education. Information and resources to assist Connecticut sponsors of the U.S. Department of Agriculture (USDA) school Nutrition Programs.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333784>

◀ [Return to Contents](#) ▶

Resources for Child Nutrition Programs

- Agricultural Research Service.* U.S. Department of Agriculture. Includes agricultural news, information, teacher resources and downloadable photos of food. <http://www.ars.usda.gov/main/main.htm>
- Best Practices Sharing Center.* Healthy Meals Resource System, U.S. Department of Agriculture. Resources and tools to help schools serve healthy menus that meet school meal regulations. <http://healthymeals.nal.usda.gov/best-practices>
- Beverage Requirements.* Connecticut State Department of Education. Information on Connecticut's law for allowable beverages in schools. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322418>
- CACFP-summertalk.* U.S. Department of Agriculture. Intended to enable state and local CACFP and SFSP administrators to share ideas about feeding children nutritious meals. Membership is limited to personnel within state agencies and child care institutions (sponsoring organizations and independent child care centers) participating in CACFP and SFSP. Day care providers in family and group day care homes and sponsored child care centers are not eligible to join. <http://healthymeals.nal.usda.gov/get-connected/cacfp-summertalk>
- Child Nutrition (CN) Labeling.* U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/cnlabeling/default.htm>
- Child Nutrition Programs.* Connecticut State Department of Education. State site for information and resources for schools and institutions participating in the USDA child nutrition programs. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&Q=320670>
- Competitive Foods.* Connecticut State Department of Education. Information on the federal and laws regarding sales of competitive foods in schools. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772>
- Federal and State Laws for School Foods.* Connecticut State Department of Education. Federal and state requirements and guidance for the USDA school nutrition programs. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>
- Food and Nutrition Information Center.* U.S. Department of Agriculture. Provides credible, accurate and practical resources for nutrition and health professionals, educators, government personnel and consumers. <http://fnic.nal.usda.gov/>
- Food Stamp Program Photo Gallery.* U.S. Department of Agriculture. Includes six categories of copyright-free digital images. Food Purchasing, Farmers' Market, Nutrition Education, Physical Activity, FSP Prescreening Tool and Meals. http://grande.nal.usda.gov/foodstamp_album.php
- Healthy Meals Resource System.* U.S. Department of Agriculture. USDA's website on information for USDA Child Nutrition Programs. http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1
- Industry Guidelines for Preparation of Quality Control Program for Meat, Poultry, Seafood and Non-meat CN Labeled Products.* U.S. Department of Agriculture, Revised April 22, 2009. http://www.fns.usda.gov/cnd/cnlabeling/updated_prepqc.pdf
- Keys to Excellence.* School Nutrition Association. Best practice standards and recognition program for school nutrition programs based on four key areas of evaluation: Administration, Communications & Marketing, Nutrition & Nutrition Education and Operations. <http://www.schoolnutrition.org/Content.aspx?id=2406>
- Mealtalk.* U.S. Department of Agriculture. An e-mail discussion group intended as a communication tool to link professionals operating the Child Nutrition Programs, such as the National School Lunch Program and the Child and Adult Care Food Program, so that they can share resources, information and innovative solutions to common day-to-day problems. <http://healthymeals.nal.usda.gov/get-connected/mealtalk>
- National Food Service Management Institute.* Provides information and services that promote the continuous improvement of Child Nutrition Programs, including resources and training. <http://www.nfsmi.org/>
- Nutrition Insights.* USDA Center for Nutrition Policy and Promotion. Newsletter covering a variety of topics related to nutrition and federal child nutrition programs, e.g., obesity, breakfast, diet quality and food consumption. <http://www.cnpp.usda.gov/NutritionInsights.htm>
- Online Agreements and Claiming.* Connecticut State Department of Education. State site for school nutrition programs sponsor agreements and claim submissions. <http://www.csde.state.ct.us/connecticutprod/Splash.asp>
- Professional Standards for School Nutrition Programs.* U.S. Department of Agriculture, Food and Nutrition Information Center. A website of searchable training resources (such as recorded webinars, online modules, self-paced training, training materials and manuals) organized by four training objectives: Nutrition, Operations, Administration and Communications/Marketing. <http://prostan.bluepresley.com/>
- Program Guidance for School Nutrition Programs.* Connecticut State Department of Education. Links to information and resources on federal and state requirements and guidance for the USDA school nutrition programs. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674>

National School Lunch Program (NSLP)

- Resource Library.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library>
- Resource List for School Food Service Professionals.* Food and Nutrition Information Center, April 2011. Topics include facility design and equipment, food allergies, food safety, management, purchasing and meal planning and preparation. <http://www.nal.usda.gov/fnic/service/mealplanning.pdf>
- Resources for Child Nutrition Programs.* Connecticut State Department of Education. Includes the CSDE's resource lists, handouts and link to other organizations with information and resources. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333786>
- School Nutrition Association.* Home page of the professional association of the school foodservice industry, including information and resources for schools, teachers and parents. <http://www.asfsa.org/>
- State Sharing Center.* Healthy Meals Resource System, U.S. Department of Agriculture. A map with access to resources from other states, including state agency contact information, materials developed through Team Nutrition Training Grants and other tools. <http://healthymeals.nal.usda.gov/state-sharing-center-0>
- Team Nutrition.* U.S. Department of Agriculture. Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers and school and community support for healthy eating and physical activity. Contains numerous resources. <http://www.fns.usda.gov/tn/>
- U.S. Department of Agriculture (USDA) Food and Nutrition Service.* <http://www.fns.usda.gov/fns/default.htm>
- U.S. Department of Agriculture (USDA) Regulations for Child Nutrition Programs.* Links to regulations and policy for the USDA child nutrition programs. <http://www.fns.usda.gov/fns/regulations.htm>

◀ [Return to Contents](#) ▶

School Breakfast Program (SBP)

Breakfast: Key to Academic Excellence. Connecticut State Department of Education and New England Dairy and Food Council, 2002 (revised 2009). Two handouts to promote the importance of eating breakfast. B1-Home is for schools without a breakfast program and B2-School is for schools with a breakfast program.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320662#Resources>

Breakfast in the Classroom: NEA Health Information Network School Breakfast Toolkit. National Education Association (No Date).

Developed to educate teachers and other school professionals about the impact of hunger on learning and new models of addressing hunger in the school setting. http://www.neahin.org/assets/pdfs/breakfast_toolkit_2011_full-091411-final.pdf

Breakfast Menu Planning. Wisconsin Department of Public Instruction. Contains ideas for hot and cold breakfasts suitable for grab and go and breakfast in the classroom. <http://dpi.wi.gov/fns/menupln2.html>

Cereal Facts (Food Advertising to Children and Teens Score). Yale University Rudd Center for Food Policy and Obesity, 2009.

Information and research on the marketing of breakfast cereals to children including a cereal nutrition score calculator, a list of best and worst cereals, a search tool to find cereals meeting specific nutrition criteria (e.g., low sugar) and a searchable database to compare cereal nutrition and marketing. <http://www.cerealfacts.org/>

Child Nutrition Fact Sheet: School Breakfast Program. Food Research & Action Center, 2004.

<http://http://www.frac.org/pdf/cnsbp.PDF>

Classroom Breakfast Playbook. Got Breakfast Foundation. Includes information on benefits of breakfast; obtaining staff support, meal distribution, staffing and clean-up, funding questions, case studies and resources.

http://www.gotbreakfast.org/media/Classroom_Breakfast_Playbook.pdf

Connecticut SBP Operational Memoranda. Connecticut State Department of Education. Information and resources related to the operation of the USDA school nutrition program in Connecticut.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322550>

Discover School Breakfast Toolkit. U.S. Department of Agriculture, 2004. Designed to assist with increasing access to the School Breakfast Program, determining the type of meal service most suited to school needs and developing a marketing plan to capture and keep customers. <http://www.fns.usda.gov/cnd/breakfast/toolkit/Default.htm>

Expanding Breakfast. New England Dairy and Food Council. <http://www.newenglanddairycouncil.org/page/expanding-breakfast>

Expanding Breakfast Fact Sheets. National Dairy Council. Includes “Everyone Wins with an Expanding Breakfast Program;” “A Proven Way to Improve Student Learning, Achievement and Health;” “Introducing a Great Way to Give Your Children a Nutritious Start Every Day;” and “Breakfast at School – How Cool is That?”

http://www.nutritionexplorations.org/sfs/programs_breakfast_factsheets.asp

Expanding Breakfast Manual and Video Kit, Second Edition. School Nutrition Association. Designed to help schools start an alternative breakfast service. This self-study manual addresses the common questions and logistics of implementing a breakfast program and provides guidance to make necessary financial evaluations. The notebook is divided into three basic sections: budgeting issues, breakfast service methods and the development of an actual operations plan. A companion video is included. Purchasing information at <http://www.schoolnutrition.org/Content.aspx?id=1482>

Expanding Your School Breakfast Program. U.S. Department of Agriculture, 2008. Information to help promote and expand School Breakfast Programs as a way of supporting positive outcomes for children.

<http://www.fns.usda.gov/cnd/breakfast/expansion/default.htm>

No Kid Hungry. Share Our Strength. http://join.nokidhungry.org/site/PageNavigator/SOS/Breakfast_2013.html

School Breakfast Program. Connecticut State Department of Education. State site for information and resources for schools and institutions participating in the SBP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320662>

School Breakfast Program. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Breakfast/Default.htm>

School Breakfast Program Cost/Benefit Analysis: Achieving a profitable SBP. University of Wisconsin Extension, Family Living Program, 2007. http://dpi.state.wi.us/fns/pdf/sbp_cost_benefit_analysis.pdf

School Breakfast Program Delivery Models. University of Wisconsin Cooperative Extension.

<http://fyi.uwex.edu/wischoolbreakfast/program-models/>

School Breakfast Program Menu Planning. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Breakfast/Menu/sbp-menu-planning.htm>

School Breakfast Program Regulations. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Governance/regulations.htm>

School Breakfast Program (SBP)

School Breakfast Publications and Research. University of Wisconsin Extension. <http://fyi.uwex.edu/wischoolbreakfast/information-research/>

School Breakfast Resources. Pennsylvania State University.
http://www.projectpa.org/v15_26/index.php?option=com_content&view=category&id=55:breakfast-resources&layout=blog&Itemid=152

Score Big with Breakfast. Oregon Dairy Council, 2004. Handout for parents and kids. The two weeks of breakfast ideas can be fixed quickly by kids, as well as the pictorial recipe on the back. Quotes focus on breakfast importance for better math and reading scores, classroom behavior and attendance.
http://www.oregondairycouncil.org/resources/free_downloads/downloads/score_big_with_breakfast.pdf

Start School with Breakfast: A Guide to Increasing School Breakfast Participation. NEA Health Information Network and Share Our Strength, 2011. Promotes alternative breakfast service models to educators, school professionals and the school community and includes information about the benefits of school breakfast, new ways to increase school breakfast participation, useful tools for advocates and success stories from school districts around the country. <http://www.neahin.org/educator-resources/start-school-with-breakfast.html>

Start Right with Breakfast. Idaho Department of Education, 2009. Provides school foodservice directors and managers with the information needed to make improvements to their breakfast menus and improve participation in their school breakfast program. <http://healthymeals.nal.usda.gov/state-resources/start-right-breakfast>

Tools for Parents. University of Wisconsin Extension. Handouts for parents on breakfast.
<http://fyi.uwex.edu/wischoolbreakfast/tools-for-parents/>

◀ [Return to Contents](#) ▶

Special Milk Program

Special Milk Program. Connecticut State Department of Education. State site for information and resources for schools and institutions participating in the SMP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320650>

Special Milk Program. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Milk/Default.htm>

Special Milk Program Regulations. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Governance/regulations.htm>

◀ [Return to Contents](#) ▶

Summer Food Service Program (SFSP)

Connecticut Operational Memoranda. Information and resources related to the operation of the USDA SFSP in Connecticut.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333792>

Food Safety for Summer Food Service Programs. National Food Service Management Institute, 2003. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=73>

Summer Food Service Program. Connecticut State Department of Education. State site for information and resources for schools and institutions participating in the SFSP. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320658>

Summer Food Service Program. U.S. Department of Agriculture. <http://www.fns.usda.gov/cnd/Summer/Default.htm>

Summer Food Service Program Regulations. U.S. Department of Agriculture.

<http://www.fns.usda.gov/cnd/summer/Administration/Regulations/regulations.html>

Summer Food Service Program Outreach Toolkit for Sponsors and Feeding Sites. U.S. Department of Agriculture, June 2010.

<http://www.fns.usda.gov/cnd/summer/library/toolkit.pdf>

Summer Meals Fight Fight Bac! Poster. U.S. Department of Agriculture, 2003.

http://healthymeals.nal.usda.gov/hsmrs/Food_Safety_BAC_Poster_Summer.pdf

Summer Meals on the Move: Summer Electronic Benefit Transfer Program. Connecticut State Department of Education.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333888>

Summer Nutrition Programs. Food Research & Action Center. <http://frac.org/federal-foodnutrition-programs/summer-programs/>

◀ [Return to Contents](#) ▶